

FALL PREVENTION AWARENESS

WORD FIND PUZZLE

S	S	C	E	S	I	C	R	E	X	E	N
T	N	L	I	G	H	T	I	N	G	C	I
A	O	U	I	N	H	E	A	R	I	N	G
M	I	T	W	A	F	F	A	L	O	A	H
P	S	T	J	G	R	B	A	I	O	L	T
I	I	E	A	W	B	D	T	L	M	A	L
L	V	R	V	A	J	N	N	L	L	B	I
S	G	U	R	R	E	T	T	A	C	S	G
N	X	S	I	V	M	F	Z	L	H	W	H
O	S	S	E	N	E	R	A	W	A	L	T
N	K	R	M	E	D	I	C	I	N	E	S
S	P	H	O	M	E	S	A	F	E	T	Y

AWARENESS
 BALANCE
 CLUTTER
 EXERCISE
 FALLS
 GRAB BARS
 HANDRAILS
 HEARING
 HOME SAFETY

LIGHTING
 MEDICINES
 NIGHTLIGHT
 NONSLIP MATS
 PREVENTION
 RISKS
 SCATTER RUGS
 VISION

DID YOU KNOW?

- One in three older adults fall every year.
- Falls are the most common cause of nonfatal injuries.
- Falls are the most common cause for hospital admission for trauma.
- Falls are the leading cause of death among older adults.

YOU CAN SIGNIFICANTLY REDUCE YOUR RISK OF FALLING:

- Begin a regular **exercise** program. Check with your doctor first if you haven't exercised in a while.
- Have your pharmacist or health care provider review your **medicines**, supplements and discuss your alcohol use.
- Have your **vision** checked. Did you know that multifocal or bifocal lenses can increase your risk of falling?
- Make your **home** safer. Clutter, throw rugs and poor lighting can all increase your fall risk. Grab bars can help in your bathroom.



UNSCRAMBLE YOUR HEALTH!

1. IAWNGLK _____
2. TTRELCU _____
3. SIIVNO _____
4. LSLFA _____
5. CISEXRE _____
6. TWOOFEAR _____
7. SNIDEIEMC _____
8. MEHO _____
9. AIIRLNG _____
10. SKSIR _____

1. WALKING	5. EXERCISE
2. CLUTTER	4. FALLS
3. VISION	9. RAILING
6. FOOTWEAR	8. HOME
7. MEDICINES	10. RISKS